

# *Pineapple Recipes | Pynappel Resepte*



*Tried and Tested Recipes by Nicky Brecher for Wegro Farming (Pty) Ltd /  
Beproeefde en Getoetsde resepte deur Nicky Brecher vir Wegro Farming (Pty) Ltd*

## Pineapple Lamb Potjie

Serves 6

1 kg sliced lamb shanks  
Salt and Pepper  
50 ml oil  
1 onion sliced  
1 garlic clove chopped  
2 bay leaves  
1 celery stick chopped  
5 ml sugar  
500 ml water  
2 Karoo lamb stock cubes  
1 tin chopped tomatoes  
Fresh Rosemary  
1 carrot sliced  
6 baby potatoes, halved  
250 ml fresh pineapple chunks  
100 ml Ina Paarman Barbeque marinade

Season the meat. Heat oil in cast iron pot. Fry meat until brown on all sides. Remove meat and keep aside.

Add onions, garlic, bay leaves, celery and sugar and fry until onions are translucent.

Add water, stock cubes and tomatoes. Return meat to pot, add rosemary and simmer for 2 hours or until tender. Add carrots, potatoes and pineapple. Add the barbeque marinade and simmer until vegetables are done. Serve with rice.



## Pynappel en Lam potjie

Bedien 6

1 kg gesnyde lamskenkels  
Sout en Peper  
50 ml olie  
1 ui in skywe gesny  
1 knoffelhuisie gekap  
2 lourierblare  
1 selderystingel gekap  
5 ml suiker  
500 ml water  
2 blokkies karoolam vleisekstrak  
1 blik gekapte tamaties  
1 takkie roosmaryn  
1 wortel gesny  
6 baba aartappels gehalveer  
1 koppie pynappelstukke  
100 ml Ina Paarman Braisous

Geur die vleis. Verhit olie in ysterpot.

Braai vleis tot bruin aan alle kante.

Skep uit, en braai uie, knoffel, lourierblare, suiker en seldery tot uie sag is.

Gooi tamaties, vleisblokkies en water by.

Plaas vleis terug in sousmengsel, voeg roosmaryn by en prut vir ongeveer 2 ure of tot vleis sag is.

Gooi aartappels, wortel en pynappel by.

Gooi die braisous bo-oor, en prut tot groente sag is.

Bedien saam rys.

